

# THE ULTIMATE NEW MUM GIFT GUIDE

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*The Tired  
Mums Club*

\*Because flowers are really fucking overwhelming when you've got a new human to keep alive!

- TAKE A LOAD OFF
- MADE WITH LOVE
- JUST FOR YOU
- THE HAMPERS



# TAKE A LOAD OFF

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- A cleaner once a week for 1 month
- Take away vouchers
- Alexa / Google Home
- Gousto / Hello Fresh Subscription
- A Sling (Or hire of)
- A baby wearing consultation
- Travel mug to keep tea/coffee hot
- Baby Poppins visit
- Magazine subscription
- Supermarket vouchers
- Pillows
- Amazon vouchers
- Audible subscription
- Podcast/audio book recommendations
- "here to help" vouchers (one solo shower / one house tidy / one cooked meal / one pamper session)



# MADE WITH LOVE

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- Home cooked meals for freezer
- A jar of positivity / book of positivity (get everyone to write letters of love support and encouragement)
- A box of pregnancy cravings she had to avoid
- Date night ideas / vouchers / babysitting offers
- Photobook - bump to baby

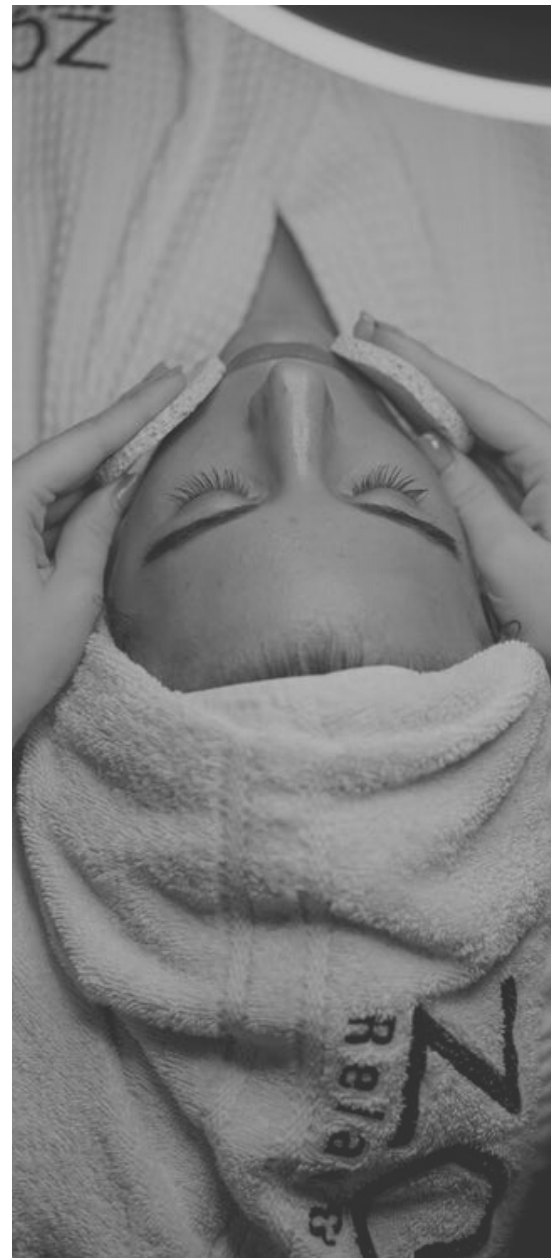


# JUST FOR YOU

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- Voucher for mobile beauty treatments / hairdresser
- Massage voucher
- Candles
- Diffuser and essential oils
- Crystal healing set
- Afternoon tea / brunch / lunch / dinner
- Alcohol / Lucozade / tea / coffee
- Spa day
- Don't Buy Her Flowers box
- The New Mums notebook
- Pyjamas / Loungewear
- A weekend away
- Family photo shoot
- Clothes vouchers
- Breastfeedings bras
- Post natal Doula
- The Tired Mums Club VIP Membership
- The Happy Newspaper subscription



# THE HAMPERS

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## Breastfeeding Hamper:

- Breast pads
- nipple cream
- snacks
- water bottle
- nursing bras
- pillow
- book/magazine

## Post birth hamper:

- maternity pads
- big black pants
- comfy loungewear
- spritz for bits
- paracetamol
- snacks
- wine

